# THE TIMES DAILY MAGAZINE PAGE

## Home Incineration for All Garbage an Index of True Efficiency in Housekeeping

The Fly-Breeding Garbage Pail Is Gradually Being Eliminated From All Well Ordered Homes Where Garbage Incineration Is the Rule.

> By MRS. CHRISTINE FREDERICK, (Copyright, 1915, by Newspaper Feature Service, Inc.)

Peter's Adventures in

Matrimony

By LEONA DALRYMPLE.

JOAN'S AMAZING BELIEFS.

WONDER if any man ever fully understands a girl like Joan Arbeck.

Joan was wasting the immortal white fire in a countless succession of silly

Truly to me she was a most beaffairs.

wildering mixture of brilliance and inconsistency. She knew, as Mary had inconsistency. She knew, as Mary had tenderness and graciousness of manner

once told me a little wistfully, what she thought about everything, and yet there were frivolous moments when you "No," said Joan quite honestly. "Then why do you do it?"

"What are you thinking of?" asked not be cruel to men if it pleases them.

smoking a little, drinking a little, flirt-ing too much, giving a man eternally man who despised marital intrigue of

"When he does?" encouraged Joan, daintily insolent
"When he does, dropping him with a dreadful thud into the limbo of forgotten things. A girl like you should marty, and marry soon some splendid chap."

"Ah, me," sighed Joan, "he's already married."

"Joan," I said in a low voice, for Mary and Hugh were chatting idly in the seat behind us. "I'm learning that a man may love his wife very dearly and still find his life swept into chaos by another woman."

Joan's color flooded her face.

"You mean that you've begun to care for me, Peter?"
"I mean," I said. "that I wouldn't tell in the seat behind us. "I'm learning that a man may love his wife very dearly and still find his life swept into chaos by another woman."

the last decade has done nothing else it would be noteworthy, in the crystallization of sentiment against the dangers from the fly. We have trailed him in all his wanderings and can say conclusively that the garbage pail is his cradle, and that we have the garbage pail to thank for odors, disease. In our transitional period between the time when garbage was fed d!rect to stock on the farm and thus disposed of simply, but officiently, and the period when we hoped to rid ourselves entirely of a garbage problem by methods of incineration, we have had to endure the unsanitary

garbage pail. But that we are coming into a better solution is evidenced by the number of excellent incinerates on number of excellent incinerates on the market. Many of these are in use in private homes, still more in apartment houses and institutions. And until the city takes hold of the garbage question as it has so ably done in certain small cities abroad, we look to the incinerite for the individual householder. All makes of these are modeled on somewhat similar lines—that of a cast-iron, stove-like fixture with a grate fitted to be operated by gas. The interior grate is so made that when it is filled with garbage the heat can be turned on and the garbage consumed in a comparatively short while. Some of the models are flush with the wall, others project like a small stove. There is no odor, gas or smoke, as the device is connected directly with the flue.

Preferably such a fixture should be connected near the kitchen range or

connected near the kitchen range or sink where refuse can be directly deposited into it. The usual size will hold the garbage an entire day, which will require one incineration only of about half an hour or less. It will burn to a char papers, rags,

doubted if she ever really thought. In

her quieter, cleverer moods you mar-

met that first night at the Metz.

"And just what about me?"

Joan, suddenly.

You." I blurted.

veled at the huntress side which I had

What Peter Wondered. wondered why a girl with the

brains and beauty you have frivols her

"Mad pursuit!" echoed Joan with a

"You know precisely what I mean," I

many of you New York women play-

the chance to misunderstand, and when

"This silly daring game so

youth away in mad pursuit of the male.

laugh. "Peter, you're ungallant."

and wet garbage, the time required depending on the wetness of the gar-bage.

That the installation of such de-

That the installation of such devices would greatly reduce the unpicasantness of the usual methods of garbage collecting on a dumbwatter by a janitor goes without saying. But its especial advantage is from the sanitary point of view. Because with such a device there would be no garbage pail in the kitchen. Also the cost of service would be lessened to an apartment house owner who would not need a porter to look after garbage disposal.

porter to look after garbage disposal.

For those of us who live in detached houses, such devices are still possible. They make all the difference between a high standard of housekeeping and the dangerous presence of a fly-breeding pail. Papers, too, offer a problem to many who have not permanent janitor service. More households should use the wire rubbish burners, which can be kept in the kitchen while in use, but lifted out and burned completely on any vacant space. The wire here is so well made and the device so convenient to lift and handle that it is indispensable to those living in suburban or detached houses. It is so much better and safer than wicker baskets, boxes, or receptacles.

Those who must still put up with the ordinary garbage can and who have a yeard or ground can have an underground garbage receiver which partly solves the problem by keeping the pail safely out of the house, away from animals, until its permanent removal. A plan tried in Boston was that every person should use a specially made paper bag in the garbage pail. The garbage was well drained and when the collector came he simply removed the bag of garbage, leaving the pail much more pleasant and sanitary. The way garbage is handled and the daily condition of the garbage pail is a true index of the caliber of the housekeeping.

Peter Speaks Plainly.

"Because," said the girl a little reck-

lessly. "I can't see why women should

Men have been cruel to women since

the beginning of time. Besides, I don't

merely flirt some and trust to luck that

"You do try to make men love you?

I said unsteadily. "You've tried to

make me care for you, Joan. And it isn't square. You know I'm married. You know how fond of Mary I am, and you profess to be fond of her, too, and

yet-and yet-"
"Peter," whispered the girl, "don't scold. I can't help caring for you, can, 1?"

"Joan." I said in a low voice.

really try to make men love me.

they are as well armored as I."

#### According to Mr. and Mrs. Vernon Castle The Hesitation Is Danced Like This



By VERNON CASTLE.

S to the origin of the waltz there are varied opinions. A Professor Desrat claims that it came from Russia; another writer states that it is derived from an old dance, the Allemande. Notwithstanding this controversy, it has been proven beyond a doubt that the waltz in its first form came from Italy to Provence, and thence to the Court of Valois, under the name of "La Volta." Henry, the third, and Marguerite, of Valois, were both fervent devotees of this dance, which they called, "Valse a trois temps." Other dances overshadowed and crowded it out later on, and little was heard of it until, in its present form, it was brought from Germany to Paris in 1795. Castil-Blaze, an accepted authority, called it "that impfrom France brought up in Germany." The first German waltz Augustin, and dates as far

It immediately became a favorite with the pleasure-loving Parisians, and when the Austrian embassy in Paris introduced its famous de-Paris introduced its famous "de-jounce dansant," in the beginning of the nineteenth century, the wallz was the prime favorite at these gawas the prime rayorite at these gatherings. Its reception by the English public was no less cordial when the French dancing master, Cellarius introduced the waltz into London society in 1812. Caricatures appeared in the papers picturing the senti-inents of the ultra-purist section of the community, who had persuaded themselves that the introduction of the waltz into England was a con-clusive step on the national Down-ward Path. There is still in existence a letter from a shocked parent, who hurried his daughter away from a ballroom where he saw his precious offspring held by a young man in a position that he could not describe position that he could not describe better than the "very reverse of back to back."

The First Round Dance.

This first real round dance did not become popular until the Russian Emperor Alexander, with Countess Lieven as partner, had danced it in 1512 at Almacha, then the meeting place of the fashionable world of London.

Indon.

For a long time, however, the waltz was a perpetual thorn in the side of the anemic moralist, and even as late as 1870, a pamphlet by John Haven Dexter was issued against it, in which he objected to the lawless arm of the sterner sex encircling the graceful form of a young and beautiful female.

At the present day a new form of dance has crowded out the ald-fashioned waltz. It is the hesitation waltz. Before I go any further I want to admit being no great authority on this dance; I only try to explain the way it is done by the best dancers. Every one seems to do it differently, and I know at least four persons, whose word I would swear by, who assure me that they are the originators of the hesitation. In fact, my wife and I seem to be In fact, my wife and I seem to be

Style Tips

used in the same way. Velvet spots

of various sorts are another feature of the new veilings. The design of a head of wheat in velvet or chentile is striking against the fine mesh of other new veils. Hand-run filet is a material that is finding favor with many, since the designs are so spaced that the eyestrain is reduced to a minimum. Many of the new veils are fitted with narrow elastic about the upper part, so that they

veils are fitted with narrow elastic about the upper part, so that they need not be removed from the hat and fit snugly over the face.

Many fashion authorities believe that the high-necked waist will not be generally adopted for summer wear, at least. The open, V-shaped neck will be most popular. However, collars will be high in back and fit closely to the neck, conceding something to the decree of high necks. Simple, semi-tailored effects are featured in the apring walsts, and long sieves are almost in-

long sleeves are almost in-

With the return to the quaint styles of past centuries comes the reassurance that fichus will be worn

on dresses and on separate waists. Vestees of dainty materials are to

(From the Dry Goods Economist.)

be popular again.

of various sorts are another feature

black mesh with a border

of narrow white velvet rib-

bon. Sand ribbon is also

# chap." "Ah, me," sighed Joan, "he's already married." I laughed vexedly. "I can't help it, Peter, you're so terribly in carnest blocking out this smug, respectable existence for me. Besides I lintend to marry some day. I've never said I haven't." "You mean that you've begun to care for me, Peter?" "I mean," I said, "that I wouldn't tell you if I did. Thank heaven I'm still man enough for that. I mean that after today I'm not going to see you again. I can't. And I'm going to take Mary home where we may breathe the clean, sweet air of provincial domesticity." Joan sighed. (Copyright by Newspaper Feature Service.) SEEN IN THE SHOPS

By the Shopper

ESTS of blue and white china bowls are to be had at an F street hardware store. There are seven bowls in each set, and they vary in size from four inches in diameter to about nine No separate pieces of these rets are

Sport coats are to be had at a number of the department stores at greatly reduced prices. One Eleventh street clothing shop is selling long colors for \$5. White chinchilla sport

Stenetled crash is the material from which a number of things may to made. There are pillow-covers, table-runners, curtains, and couch covers, ranging in price from the cushion-tops, at 56 cents, to the covers

Lamps suitable for desks or small tables may be had at a G street hardware store. Among the most at-tractive is a wicker boudoir lamp in natural color-which, however could be stained or painted if desired with the shade of cretonne. This was about eighteen inches high and was priced at \$5.59. A "Kraft lamp" of dull gray-green, with shade of softly tinted glass, sold for \$6.25 complete.

miffen veils, more than two yards

long and very wide, sell for \$3 in at F street department store. Among the prettiest colors are cerise and old blue. A cheaper scarf, about half a yard shorter, but equally guaranteed to be rainproof, sells for

Untrimmed hats at \$3 and \$3.50 are being introduced at a G street department store this week. The most popular colors to be found are Hague blue, which is more intense and lighter than the Belgian blue that has already made its appearance in several windows of spring frocks, cerise, sand, and dread-naught gray. The sand hats are made partly of straw and partly of satin. All need but a few flowers or a bunch or two of fruit to make them wearable at once.

Colored night dresses of blue and pink plisse, trimmed with broad torchon lace, are \$1 in a G street

At last lingerie waists are beginning to show their heads, crocus-like. Crepe de chine has held public favor so long that it is rather a relief to see cotton materials again. Waists of cross-barred white voile in a crepe weave are to be had at an Eleventh street department store for \$1 this week. They are made plain ly, with open necks and few tucks or pleats to vex the laundress.

#### POSES WHICH VARY HESITATION AND THE HALF-AND-HALF

Left-Ordinary waltz position for the start. The man steps back with the right foot, taking two steps on two counts alternately with the right and left foot. The lady starts forward and back,

Center-A pretty step in the half-and-half. The gentleman can turn the lady so that she is going in the same direction as he is, and they can do the eight step-of course, always keeping the 1-2-3, 1-2 time.

Right-In order to vary the ordinary dance position, this pose is suggested. Unless, however, a couple are familiar with the steps of one another and dance almost as one person, the effect is not graceful.

the only dancers who have not had a hand (or a foot) in this sometimes beautiful and much-abused dance.

First Steps and Position. The dancers assume the ordinary plain waltz position. Then the man steps back with the right foot, taking two steps on two counts, alternating the right and left foot; then ting the right and left foot; then he moves forward two steps—right foot, left foot—again allowing each step to fill in one count of the music. Thus, to be very explicit, four counts have been occupied, but the steps should not be directly forward and backward, leaving you in the same position; you should turn and travel just a little. For the next two counts the gentleman allows his weight to rest on his left foot. This creates the

sense of hesitation in the dance which has given it its name.

The lady starts forward-left, right, and back left, right-finally holding her weight on the right foot through the fifth and sixth counts. Then she goes back on her left foot for the next part of the step—left, right, and then forward. left. right-finally holding her weight as before on the two last counts. I might add here that a great many people start with the hesitating steps and finish with the waltz. This is a matter of pref-

This measure could be continued indefinitely. By counting 1, 2, 3, 4, 5, 6, and holding or hesitating the 5, 6, you can't very well go wrong; and you are doing the hesitation walts. Of course, were this all, it would be a very tiresome dance, so you vary

# DAILY EDITORIAL

For Women Readers

THE PEACE PETITION. UST how near we are to war no one quite knows. Tomorrow a petition for

peace in Europe, from 350,000 American school children will be submitted to Secretary Bryan and by him to the ambassadors of the warring countries in the hope that they will bring the matter to the attention of their sovereigns. The 350,000 names which comprise

that list are the names of the citizens who will suffer if we do enter into war, and have to work out the problem of destroyed Europe after the war now waging is over. Hundreds of thousands of additional names are pouring in all of the time, but it was thought inad-visable to wait any longer for the presentation of the petition.

The story of the children of Eu-rope who marched to save the Holy Sepulchre, the children's crusade to save that which war could not grant, is being re-enacted. But instead of the sacrifice of hun-

PROUD OF LOCAL SCENERY. All Scotchman take pride in their native land, but none more than the cld gardener at Duddingston. The gardener was showing to a tourist the beauties of the loch and of the little village. It was evening, and as he explated on the lovely scene and on the glores of his country, the moon rose over a hill. The old man stopped short in the middle of a speech and gazed at the moon in admiration. After a moment he turn-ed to the tourist and said: "There's a moon for ye! I tell ye, mon, we're a grand nation!"—The Pathfinder.

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dreds of thousands of small bodies. the crusade of today comes merely in the form of hundreds of thousands of childish cramped signatures. But in no less degree than in the crusade of years ago, do these children who have merely signed stand each one for a prayer for peace, for a reiterated wish, for the granting of the boon which will lessen the burden o ftheir future lives.

Let grown-up folk consider this matter in all seriousness, and pray, too, that the powers of Europe will see the flesh and blood in the signatures, remember the children's crusade, and grant an ear. The see the nesh and blood in the sig-natures, remember the children's crusade, and grant an ear. The peace petition is not a scrap of pa-per. It is a message from the future, a blessing asked from the per. It is a mes future, a blessing rulers of tomorrow.

it slightly by doing either two or three ordinary waltz measures-or some of the figures I am about to explain or some of your own. After explain or some of your own. After you have a rough idea of this first step, I advise you to cease counting and try to do the hesitation when the music seems to "ask it"—if you know what I mean. Nearly every good waitz has certain strains which, if you have a good ear for music, you will not fail to recognize as calling for some sort of hesitation or pause.

In my opinion it is much better to In my opinion it is much better to hesitate when the music hesitates, and, when it does not, simply do the ordinary waltz movement or steps to that tempo. Avoid always the terrible schedule which obliges you to waltz, hesitate, etc., no matter what tune is being played or who is in your way. That kind of dancing belongs to the people who count to themselves, looking up at the ceiling, 1-2-3, 1-2-3, 1-2-3.

The Half and Half.

There is little or no difficulty about this dance, except the time, it is entirely new to dancing. It is 6-4 time, which means there are five beats to the bar. In waltz time there are six, and you usually count 1-2-3, 1-2-3; but in the half and half you count 1-2-3, 1-2.

And now for the dance. The ordinary position is assumed, the gentieman holding his partner a little farther away from him than in the waltz, and on the first three counts you take one long, slow step, and on the next two counts you take two steps. For instance, supposing the man starts off forward with his left foot; he in a way hesiates on this foot for three counts. Then he takes two short steps for the other two counts—right, left; now the right foot comes forward for three counts, and so on. The lady does the same step on the opposite foot. This is the half and half, and when done properly looks like something between the tango, lame duck, and hesitation. It is a very quiet and pretty dance.

Number of Steps Unlimited. The steps you can do in this dance

are unlimited. For instance, the gentieman can turn the lady so that she is going in the same direction as he is, and they can do the eight step-of course, always keeping the 1-2-3. 1-2 time. If you wish to spin you must do

so on the slow step, continuing for-ward on the last two counts. All of the modern waitz or hesitation steps fit in delightfully after one has caught the rhythm.

(Next article, "The Castle Walk,
Lame Duck, and Other New Steps."
to appear Monday, March 1.)

(Copyright, 1914, Otis F. Wood.) CHESTERFIELD OUTDONE. L

"Wonderful!" said Dubbson enthu-siastically, as he gazed at the new Garraway baby.
"Do you wonder I am proud of him?" said Mrs. Garraway.
"No, madam, I do not." said Dubbson.
"Indeed, I realize more than ever now
the truth of the old saying that a woman's crowning glory is her heir."—Judge.

# 

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### Four Nourishing Elements In Food, and a Few of the Products Containing Them

By DR. LEONARD KEENE HIRSHBERG. (Copyright, 1918, by Newspaper Feature Service, Ing. 19 1907

which contain fat.

Bread, oatmeal and other foods made from grain are the most useful and important of all foods.

White flour is made by sifting the indigestible skins and coarse particles from the finer parts. Bread made from the best white flour is as nutritious as bread made from whole wheat, and it may be diseated with greater ease. bread made from whole wheat, and it may be digested with greater ease.

Bread, biscuit, crackers, and plain cake are nearly alike in composition and digestibility. The bubbles in these foods are due to carbon dioxide, which is formed when yeast or baking powder is added to wet flour. When the wet flour is baked, it hardens in the form of thin-walled bubbles, which may be easily masticated. Wheat flour may readily be made into light bread, for its protein

be made into light bread, for its protein becomes sticky when it is wet. The protein of cornmeal does not become sticky, and so cornmeal cannot be made sticky, and so cornmeal cannot be made to be made with

The wisest way to supply our bodies with nourishment would be to go to market and buy pure protein, fat, starch and sugar, and then mix them in the correct quantities. But this is not done because the result would be a mixture devoid of taste and be nauseating. Our digestive machinery needs those food elements which grow naturally in plants and animals.

The most valuable parts of any food are protein, fat, sugar, and starch. Sugar and starch may be bought, even in war time, for about 8 cents a pound, and fat for about 8 cents a pound. The cheapest protein costs about 30 cents a pound. The cheapest protein costs about 30 cents a pound. The cheapest protein costs about 30 cents a pound. The cheapest protein costs about 30 cents a pound. The condition of the cheapest protein costs about 30 cents a pound. The condition of the substitute and appearance, and not for its fiesh forming or fuel value. Grains have the greatest victualry value of DR. HIRSHBDRG. sill the foods, and they cost the least. They can also be eaten day after day without palling on fastidious or capticious tastes. In grocery stores and The foods may be divided into about them groups, namely, cereals, ocans, potentians alone to food for young children, for they need a great deal of protein while they are forming new feeth. Milk may be digested readily, and it rontains alone to indigestible substances at all. It is a food as well as feether than the composition and digestibility of the difference in the composition and digestibility of the difference kinds of grains, or in the dighes made from them. All the cereals contain protein and a great deal of starch-loats and corn are the only cereals which contain fat.

Bread, catmeal and other foods made from grain are the most useful and important of all foods.

Foods and corn are the only cereals which contain fat.

Bread, catmeal and other foods made from grain are the most useful and important of all foods.

and no good to children.
Children can usually drink cocoa and chocolate more safetly than tea or coffee, but are better without either.

#### Answers to Health Questions

J. M. Z.—What shall I do for an itching all over the body?
Apply each night to the itching parts:
Calamine, 2½ drams; zinc oxide, 2 drams; glycerine, 2 drams; phenol, ½ dram; lime water and rose water enough to make 3 ounces.

becomes sticky when it is wet. The protein of cornmeal does not become sticky, and so cornmeal cannot be made into light bread unless it is mixed with wheat flour or eggs.

Dried beans and peas contain very little fat, but are rich in protein.

Peanuts are a kind of pea whose foods are hard, like thin nutshells. They are like peas in composition, except that they have fat in the place of about half of the starch of peas. When eaten between meals they are harmful, as they cannot be digested easily, and thus overtax the stomach. Potatoes are about four-fifths water, one-sixtieth protein, and one seventh starch. They contain almost no fat at all, but if cooked with meat, as in a stew, the mixture becomes a well-balanced diet. When potatoes are dried they have the same food value as the least nourishing of the grains.

Beets, onions, cabbage, and celery little flesh-forming or fuel value. Yet they cannot be entirely dispensed with, as they contain from and other substances which the body needs.

Dates bananas and grapes each contain a considerable amount of sugar. Almost the only substances in berries, apples, oranges, peaches and most other julcy fruits is sugar.

Meat is about one-sixth protein. Some kinds of meat, such as beef, pork, and chicken, do not differ greatly in composition or in ease of digestion.



#### The Castle Walk Is The Castles' Next Lesson

The Castle Walk, the Lame Duck, and other special steps, sixth in the series of Modern Dances, posed and described by Mr. and Mrs. and Vernon Castle, now appearing in this pos-

The Washington Times